



**P31 Consulting Ltd**

*stepping out of your comfort zone*

**ACT-U-VATE™**  
**CAREER AND PERSONAL DEVELOPMENT**  
**WORKSHOP FOR WOMEN**



**THE WORKSHOP DESIGNED WITH WOMEN IN MIND**

## A workshop designed for women to:

- Support them on their journey of self development and empowerment
- Disarm them of any self limiting beliefs;
- Activate their career and personal aspirations
- Create a roadmap for their success.

### VALUES

Values are traits or qualities that are important to you. They represent your highest priorities and deeply held driving forces. This session helps you identify your special value areas.

Your personal vision is what you want to be, do, feel, think, own, associate with and impact by some date in the future. This session helps you create your vision.

### VISION

### VOCATION

What skills and abilities and experience do you have? This session helps you identify your personal capital and use this to map your career aspirations.

This session focuses on aspects of confidence, assertiveness, self belief, image and bringing balance to your life.

### VOICE

### VICTORY

This session concentrates on personal branding, create your personal mission statement and develop a roadmap for your success.

# ACT-U-VATE™

**The aim of the workshop is to support women looking to progress their career or new direction and to build confidence and esteem.**

## **Why Women?**

### **Well the statistics say it all?**

“Women are much less likely than men to reach the top of their professions. Only 10% of directorships of FTSE 100 companies are held by women. In today’s workplace requesting flexible working can still spell career death for many women...”\*

(\*Source: Closing the Gap Report, Government Equalities Office)

### **By the end of this workshop you will**

- Develop greater self awareness
- Identify blockers to career and life progression
- Capitalise on your unique skillset
- Create a career/personal development plan

### **The benefits to you are:**

- Increased confidence and raised aspiration
- Workable and meaningful steps to achieve career and life goals
- Tools to overcome blockers and self limiting beliefs

### **Benefits to your organisation:**

- Assertive and confident behavioural changes
- Increased productivity

### **What next?**

- Optional follow up coaching sessions

# WHAT THEY SAY ABOUT ACT-U-VATE™

Past participants have included public, private and voluntary organisations and feedback includes:

*“Summed up in one word - GREAT  
Gratifying, Realistic, Empowering, Aspirational, Truth”*

*“Excellent choice of topics to cover. A great chance to meet other business women.”*

## **Organisations which have benefitted:**

Ministry of Justice • Royal Mail • Enterprise Rent A Car  
Merrill Lynch • PostComm • Brent Council  
Ford Motors • Lehman Brothers • Barnet Homes  
Homes for Islington • Brent Domestic Violence

Contact us

P31 Consulting Ltd  
Suite 51, Westgate House, Westgate Road, Ealing W5 1YY  
Tel: 0845 257 5931 Fax: 0208 799 0367 Mob: 07939 23 90 53  
Email: [info@p31consulting.com](mailto:info@p31consulting.com) Website: [www.p31consulting.com](http://www.p31consulting.com)